



Pan-Seared Tuna with Fennel-Pepper Mélange



Gluten Free



Dairy Free



Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks thick
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 1 fennel bulb thinly sliced
- ☐ 12 kalamata olives pitted quartered
- ☐ 0.3 cup orange juice
- ☐ 1 bell pepper red thinly sliced

- ☐ 1 small onion red thinly sliced
- ☐ 0.8 teaspoon salt divided

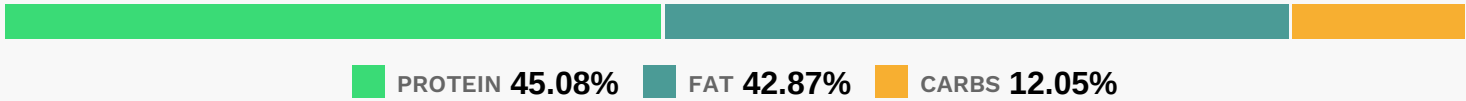
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add fennel, bell pepper, and onion; saut 4 to 5 minutes or until golden brown and just tender. Reduce heat to low; add orange juice, and cook 30 seconds or until liquid evaporates, stirring constantly.
- ☐ Remove from heat, and stir in olives, capers, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and 2 teaspoons oil.
- ☐ Transfer fennel mixture to a bowl; set aside, and keep warm. Wipe pan clean with a paper towel.
- ☐ Sprinkle fish with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon black pepper.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.
- ☐ Add fish to pan, and cook 2 to 3 minutes on each side or until desired degree of doneness.
- ☐ Transfer to plates, and spoon fennel mixture over fish.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:37.673043188841%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 369.47kcal (18.47%), Fat: 17.46g (26.87%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 7.55g (2.75%), Sugar: 6.09g (6.77%), Cholesterol: 64.64mg (21.55%), Sodium: 778.03mg (33.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.32g (82.65%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 4806.6IU (96.13%), Selenium: 62.83µg (89.76%), Vitamin B3: 15.53mg (77.63%), Vitamin C: 54.97mg (66.63%), Vitamin D: 9.7µg (64.64%), Phosphorus: 480.91mg (48.09%), Vitamin B6: 0.93mg (46.62%), Vitamin K: 43.81µg (41.72%), Vitamin B1: 0.46mg (30.78%), Vitamin B2: 0.49mg (28.67%), Vitamin E: 4.01mg (26.72%), Magnesium: 105.65mg (26.41%), Potassium: 815.74mg (23.31%), Vitamin B5: 2.09mg (20.95%), Iron: 2.55mg (14.17%), Fiber: 3.49g (13.97%), Manganese: 0.26mg (12.94%), Copper: 0.23mg (11.74%), Folate: 43.64µg (10.91%), Zinc: 1.28mg (8.55%), Calcium: 61.43mg (6.14%)